



# How to Nixtamalize Corn

made for the Colorado Grain Chain Road Show

## Ingredients

1 lb flour corn  
1 tsp cal lime or  
juniper ash  
32 oz water

## Directions

### Evening Before

Rinse corn and beans and set aside. Do not mix. Fill a pot with 4 cups (32 oz) of water. Add cal lime and put on stove. Turn on heat to high. Just before boiling and when cal lime comes to surface of water, add corn. Cook corn for 40 minutes (do not boil). Test corn and try to create a dent with your finger nail. It should be somewhat soft and feel velvety. Turn stove off, cover with lid and let soak overnight or at least for 8 hrs at room temperature.

### Day of

Add corn to a colander, then rinse with water, gently moving corn around. Do not rub corn. If you use corn for grinding and tortilla making, leave some cal lime in your corn. This helps to maintain a good consistency of the tortilla.

There are many culinary applications of nixtamalized corn.

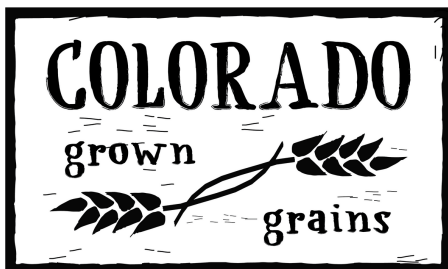
To grind the nixtamalized corn a wet grinder, stone mill for wet corn, two stones (mano y metate) or a coffee or spice grinder/food processor is needed. Adding a touch of water while grinding will make a better product. Ground corn is called masa. It can be used for tortillas, tamales, tostadas, chips or to make atole (corn drink). Masa can also be worked into sweet and savory cakes, pupusas, or arepas.

If you like to use the nixtamalized corn in its whole form, for example as hominy you can boil the corn with other ingredients to make a posolé. Hominy is also delicious on its own. You could think of it as a substitute of rice. It can be added to any other dish, for example on salads.





# Notes



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